



## Attention Health Care Providers

The California Code of Regulations, Title 17, Section 2500, requires the report of communicable diseases and conditions. To report a case of a communicable disease, contact the City of Long Beach Department of Health and Human Services Epidemiology Program at (562) 570-4302 or by fax at (562) 570-4374.

### Reportable Communicable Diseases

AIDS	Echinococcosis	Mumps	Swimmer's Itch
Amebiasis	Ehrlichiosis	Non-Gonococcal Urethritis	Syphilis
Anisakiasis	Encephalitis	Paralytic Shellfish Poisoning	Tetanus
Anthrax	Escherichia coli O157:H7	Pelvic Inflammatory Disease	Toxic Shock Syndrome
Babesiosis	Foodborne Disease	Pertussis (Whooping Cough)	Toxoplasmosis
Botulism	Giardiasis	Plague, Human or Animal	Trichinosis
Brucellosis	Gonococcal Infections	Poliomyelitis, Paralytic	Tuberculosis
Campylobacteriosis	Haemophilus Influenzae	Psittacosis	Tularemia
Chancroid	Hantavirus Infections	Q Fever	Typhoid Fever
Chlamydial Infections	Hemolytic Uremic Syndrome	Rabies, Human or Animal	Typhus Fever
Cholera	Hepatitis, Viral	Relapsing Fever	Varicella (Deaths Only)
Ciguatera Fish Poisoning	Kawasaki Syndrome	Reye Syndrome	Vibrio Infections
Coccidioidomycosis	Legionellosis	Rheumatic Fever, Acute	Viral Hemorrhagic Fevers
Colorado Tick Fever	Leprosy	Rocky Mountain Spotted Fever	Water-associated Disease
Conjunctivitis, Acute Infectious of the Newborn	Leptospirosis	Rubella	Yellow Fever
Cryptosporidiosis	Listeriosis	Rubella Syndrome, Congenital	Yersiniosis
Cysticercosis	Lyme Disease	Salmonellosis	
Dengue	Lymphocytic Choriomeningitis	Scombroid Fish Poisoning	
Diarrhea of the Newborn	Malaria	Shigellosis	
Diphtheria	Measles	Smallpox (Variola)	
Domoic Acid Poisoning	Meningitis	Streptococcal Infections	
	Meningococcal Infections	(Outbreaks of Any Type and Individual Cases in Food Handlers and Dairy Workers Only)	

☞ FAX = Report by FAX, telephone, or mail within one (1) working day of identification.  
† = Report immediately by telephone when two (2) or more cases or suspected cases of foodborne disease from separate households are suspected to have the same source of illness.  
☛ = Report immediately by telephone. All other diseases/conditions should be reported by FAX, telephone, or mail within seven (7) calendar days of identification.



*The mission of the City of Long Beach Department of Health and Human Services is to improve the quality of life of the residents of Long Beach by addressing the public health and human service needs ensuring that the conditions affecting the public's health afford a healthy environment in which to live, work and play.*

### Department Management Team

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### table of contents

- A Look At Teen Pregnancy Prevention In Long Beach • 1
- Communicable Disease Data • 2
- AIDS Surveillance Program Data • 3
- Health Care Providers Reporting Responsibilities • 4

## A Look At Teen Pregnancy Prevention In Long Beach

Be ready, be prepared. California is experiencing a "youthquake." And while you may not need a flashlight and a week's worth of canned food for this tremor, a thorough understanding of the State's changing demographics is sure to be helpful in planning services for the next few years. According to the California Adolescent Health Collaborative, California will see an estimated 34% increase in the teen population from 1995 to 2005, compared to a 13% growth in this group nationally. With this explosion of teens also comes an increase in issues that affect them - teen pregnancy, automobile accidents, drug and alcohol experimentation, HIV and other sexually transmitted diseases (STDs) and suicide are just a few. However, many of these issues are being countered with successful programs implemented to reduce the risky behaviors of teens and increase their access to health services.



Teen pregnancy is one area where we continue to see positive changes year after year, with steady declines in rates both locally and nationwide. In Los Angeles County, for example, the birth rate for young women aged 15-19 dropped from 79.0 to 56.5 per 1,000 between 1994 and 1999; and nationally there was a 20% decline in the rate from 1991 to 1999.

Why the declines? Data from several national surveys tells us that fewer teens are having sex. The latest report from the CDC's Youth Risk Behavior Survey (YRBS) states that the percentage of high school students who have had sex dropped from 54% in 1991 to 50% in 1999. Better use of contraceptive methods among sexually active teens likely played a role in the declines as well, with the percentage of students reporting condom use at last intercourse increasing 12% from 1991 to 1999.

Education and prevention programs throughout the country have a powerful impact on delaying sex among teens and increasing the use of contraception for sexually active teens. A recent report by Dr. Douglas Kirby and the National Campaign to Prevent Teen Pregnancy titled "Emerging Answers" presents findings on programs that have proven their success in reducing teen pregnancy. The

Continued on page 2

### HIV/AIDS Information

California AIDS Multilingual Hotline  
800-922-AIDS

CDC National HIV/AIDS Hotline  
800-243-7889

*The City of Long Beach  
AIDS Surveillance Program  
also publishes an  
HIV/AIDS Monitoring Report  
that contains additional data  
about AIDS in Long Beach.  
For more information, call  
(562) 570-4311.*

A Look At Teen Pregnancy Prevention In Long Beach  
Continued from page 1

report discusses a variety of different methods that influence the risk behaviors of teens and highlights effective programs throughout the nation that use successful approaches. Programs that focus on sexual antecedents of pregnancy include abstinence-based education programs, sex & HIV education programs, and education for parents & families. Often, programs are targeted to specific populations such as young men, pregnant and parenting teens, and relatives of teen parents.

Also becoming increasingly popular are programs that focus on non-sexual antecedents of pregnancy. These programs, often called youth development programs, are more broadly targeted to affect risk factors associated with unintended pregnancy such as school attendance and employment. Components of youth development programs may include vocational education and training, job placement, and voluntary community service. Lastly, the report also emphasizes the importance of accessible and appropriate services for youth.

The City of Long Beach Youth Health Education Division offers several programs that encompass the effective components mentioned in "Emerging Answers". SAFE (Sexual Abstinence/Awareness Family Education) delivers interactive, informative workshops to youth in middle & high schools in the Long Beach Unified School District and at local community agencies. Not only do workshop participants discuss sexual health, but they also complete exercises to help them set limits in their relationships and learn how to communicate their limits to partners. Not to be neglected are the young males in Long Beach, who are often put into the background of many pregnancy prevention programs. The MAGIC Program (Men Achieving Goals In Communities) trains youth leaders, connects youth with clinical services, organizes community service events, and provides prevention education for males ages 15-24 in the Long Beach area. SAFE and MAGIC are funded by the California Department of Health Services Office of Family Planning (OFP). Youth Health Education is also able to

Communicable Disease Report				
Selected Reportable Diseases for the City of Long Beach				
Disease	June 2002	YTD 2002	June 2001	YTD 2001
AIDS	20	129	15	101
AMEBIASIS	1	5	2	5
CAMPYLOBACTERIOSIS	4	29	5	21
CHLAMYDIAL INFECTIONS	171	990	174	1,000
GIARDIASIS	1	14	7	28
GONORRHEA	55	287	42	317
H. INFLUENZAE	0	1	0	0
HEPATITIS A	2	19	4	15
HEPATITIS B, acute	1	6	0	6
HEPATITIS C, acute	0	0	0	0
MEASLES	0	1	0	0
MENINGITIS, viral (aseptic)	5	23	0	10
MENINGOCOCCAL INFECTIONS	0	2	2	7
NON-GONOCOCCAL URETHRITIS (NGU)	14	77	7	53
PERTUSSIS	0	0	0	1
RUBELLA	1	1	0	0
SALMONELLOSIS	1	9	2	12
SHIGELLOSIS	1	11	5	22
SYPHILIS, primary and secondary *	5	24	3	11
SYPHILIS, EARLY LATENT (<1 year) *	0	8	0	3
TUBERCULOSIS	10	31	4	21

\* Numbers provisional until investigation is completed.

AIDS Surveillance Program Data		
City of Long Beach Data as of June 30, 2002		
4,166 Total Long Beach City AIDS Cases		(2,418 deceased - 58% Mortality Rate)
4,157 Adult Cases		(2,412 deceased - 58% Mortality Rate)
9 Pediatric Cases		(6 deceased - 67% Mortality Rate)
AIDS Cases by Gender		
	#	%
Male	3,909	94
Female	257	6
AIDS Cases by Race/Ethnicity		
	#	%
White, Not Hispanic	2,591	62
Black, Not Hispanic	721	17
Hispanic	765	18
Asian/Pacific Islander	76	2
American Indian/Alaskan	11	<1
Unknown	2	<1
AIDS Cases by Exposure Category		
	#	%
Male-to-Male contact	3,157	76
Intravenous Drug Use	355	9
Male-to-Male Contact and Intravenous Drug Use	349	8
Heterosexual Contact	201	5
Recipient of Blood/Blood Products Transfusion	24	<1
Hemophilia/Coagulation Disorder	13	<1
Mother at Risk (Perinatal Exposure)	8	<1
Risk Not Reported/Other	59	1

A Look At Teen Pregnancy Prevention In Long Beach  
Continued from page 2

use peer advocates from local high schools as resources for support, advice, and education through the PATHS program (Peer Advocates Teaching Healthier Solutions). Funded by the state's Office of Community Challenge Grants (now under OFP), the PATHS program uses both prevention education and youth development approaches to reduce the risks of youth in schools. Sandy Wedgeworth, Peer Advocate Coordinator, recruits peer advocates from six local high schools each year. Like MAGIC, one of the program's main objectives is to refer young people to affordable clinical services, and the Department's Preventive Health Clinic is a wonderful resource. Here, youth can enroll in the State's Family PACT program, which allows for free reproductive health services for those who are eligible, including prescriptions for contraception, condoms, STD check-ups, and pelvic exams. "Many sexually active teens don't realize that they can get condoms, birth control pills, or other forms of contraceptive for free, so they just end up taking their chances," states Wedgeworth, whose peer advocates refer dozens of teens to the clinic each month.

And refer, educate, and inform they will, to accomplish the difficult task of reaching a growing youth population, especially amid uncertainty in budget priorities for prevention and education programs. Present successes in teen pregnancy prevention can be maintained only if programs are bolstered with even more support and resources to equip us for the Youthquake. ■

Article contributed by Diane Brown, MPH, Youth Health Education Supervisor.

Health Department  
Contact Information

General Information  
(562) 570-4000  
www.ci.long-beach.ca.us/health

Alcohol/Drug Rehabilitation  
(562) 570-4100

Animal Control Shelter  
(562) 570-7387

Early Intervention Program/  
HIV Testing/STD Clinic  
(562) 570-4315

Environmental Health  
(562) 570-4132

Immunizations/Walk-In Clinic  
(562) 570-4222

Prenatal Clinic  
(562) 570-4217

Senior Center  
(562) 570-3531

Tobacco Education Program  
(562) 570-8508

WIC Program  
(562) 570-4242

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To be added or removed from the mailing list, please contact Hanan Obeidi at (562) 570-4382 or email hanan\_obeidi@ci.long-beach.ca.us.

This information is available in an alternative format.

Data contained in this publication are considered provisional due to reporting delays.